

THE WIRE

The official publication of

Joint Task Force Guantanamo

Keystone

44 Sergeants Major tour GTMO

Waste management

Keeping the GTMO
environment safe and clean

Where the rubber meets the road



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AND IN OUR PAGES



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Cover Story

Cover photo by Staff Sgt. Lorne Neff

GTMO participates in a 50-mile bike race
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BAY WIRE REPORT

Get your run on!



What are you running for? Test your endurance Saturday, Jan. 25, during the Morale, Welfare and Recreation full and half marathons.

The full marathon begins at 4:30 a.m., the half marathon begins at 5:30 a.m. Both races start and end at Cooper Field. Registration ends Jan. 24. Sign up at Denich Gym or call ext. 77262. There is a fee.

Sell your stuff, buy some more!

Come get your shop on at Guantanamo Bay's community yard sale, Sunday, Jan. 19, from 11 a.m. to 3 p.m. at the Downtown Lyceum. If you want to sell your stuff, call ext. 75351 to reserve your space or stop by the ceramics shop. There is a \$5-20 fee based on space requested.

Canvas painting

Got an idea for a beautiful painted masterpiece? Well, practice makes perfect. Start your painting career or hobby with Canvas Painting Night for \$40- Monday, Jan. 27, from 6-9 p.m.



MOTIVATOR
OF THE WEEK

Spc. Michelle H. Garcia
J6 Command Element

Senior Airman Austin Denigan
Base Engineer Emergency Force

Time for a New Ride?

Go to the **GSA Vehicle Sale**

Vehicles will be on display in the NEX parking lot

Jan. 23-27

Place bids at GSA website
www.gsaauctions.gov
and use sale number
2FFBPI14001



For more information
contact CW2 Jose Rosario at ext. 3343

CORRECTIONS Please report all corrections to thewire@jftgtmo.southcom.mil



THE WIRE

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Religious Services

NAVSTA Chapel

Catholic Mass
Mon.-Thur. 5:30 p.m.
Saturday 5 p.m.
Sunday 9 a.m.

Protestant Services

General Protestant
Sunday 11 a.m.
Gospel Worship
Sunday 1 p.m.

Chapel Annexes

Pentecostal Gospel
Sunday 8 a.m. & 5 p.m.,
Room D

LDS Service
Sunday 10 a.m., Room 19

Islamic Service
Friday, 1:15 p.m., Room 2

Seventh Day Adventist
Friday, 7 p.m., Room 1
Sabbath School: Saturday 9:30 a.m.,
Room 1
Sabbath Service: Saturday 11:00 a.m.,
Room 1

JTF Trooper Chapel

Protestant Worship
Sunday 6:40 a.m.
Sunday 9 a.m.
Sunday 7 p.m.

Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40
Gazebo - :01, :21, :41
Camp America NEX - :02, :22, :42
Camp Delta - :04, :24, :44
Camp 6 - :07, :27, :47
TK 4 - :13, :33, :53
JAS - :14, :34, :54
TK 3 - :15, :35, :55
TK 2 - :16, :36, :56
TK 1 - :17, :37, :57
CC - :19, :39, :59
Windjammer/Gym - :22, :42, :02
Gold Hill Galley - :24, :44, :04
NEX - :26, :46, :06
NEX Laundry - :27, :47, :07
C Pool - :30, :50, :10
Downtown Lyceum - :31, :51, :11
NEX - :33, :53, :13
Gold Hill Galley - :35, :55, :15
Windjammer/Gym - :37, :57, :17
CC - :40, :00, :20
TK 1 - :41, :01, :21
TK 2 - :42, :02, :22
TK 3 - :43, :03, :23
TK 4 - :44, :04, :24
Camp 6 - :50, :10, :30
Camp Delta - :53, :13, :33
HQ Building - :55, :15, :35
Camp America NEX - :57, :17, :37
Gazebo - :58, :18, :38
Camp America - :00, :20, :40

NEX Express Bus

9:55 a.m. - 7:55 p.m.
Every hour at the stated times

Camp America - :55, :48
TK 1 - :05, :36
Denich Gym/Windjammer - :11, :31
Gold Hill Galley - :14, :29
NEX - :16, :27
Downtown Lyceum - :17, :25

Beach Bus

Sat. and Sun. only - Location #1-4
Windward Loop
9 a.m., 12 p.m., 3 p.m., 6 p.m.

East Caravella
SBOQ/Marina
9:05 a.m., 12:05 p.m., 3:05 p.m.

NEX
9:08 a.m., 12:08 p.m.,
3:08 p.m., 6:08 p.m.

Phillips Park
9:14 a.m., 12:14 p.m.,
3:14 p.m.

Cable Beach
9:17 a.m., 12:17 p.m.,
3:17 p.m.

Windward Loop
9:30 a.m., 12:30 p.m.,
3:30 p.m.

NEX
9:25 a.m., 12:25 p.m.,
3:25 p.m., 6:25 p.m.

SBOQ/MARINA
9:35 a.m., 12:35 p.m., 3:35 p.m.

Return to Office
9:40 a.m., 12:40 p.m., 3:40 p.m.

JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



Staying the course for the new year

By Rear Adm. Richard W. Butler

Joint Task Force Guantanamo Commander

As we enter 2014, I remain steadfast in my support of you, my top priority. Our mission is of great importance to the nation and I am proud to be serving with each of you. The safe care and custody of the detainees will continue at Joint Task Force Guantanamo, as will the intelligence mission and the military commissions we support. I continue to be amazed by the dedicated work all of you do on a daily basis. Thank You.

Looking ahead to the next several weeks, our schedule will remain busy with media visits, commissions support, and our every-day routine, but this work is vital. Stay focused and vigilant! We all have important work to do and need to concentrate on the job at hand.

Quality of life remains a top priority for me, and our



Rear Adm. Richard W. Butler

senior enlisted leaders are looking for ways to improve the quality of life at JTF GTMO. Specific initiatives include re-opening Pirates Cove, as well as gym enhancements in Camp America. Other possible improvements include opening a Subway at the mini mart by the galley. Let us know what is on your mind. I will be answering your questions each week, so email them to: thewire@jtfgtmo.southcom.mil.

Finally, make sure to check out the JTF podcast on the SharePoint in the coming weeks as I will address topics of importance in an effort to keep you informed. It is my sincere desire to clearly communicate with the JTF on issues that matter. Thanks for all of the hard work you put in day after day. Let's continue to work together to get the mission done successfully. Honor Bound!

TROOPER TO TROOPER

Be "SMART" about keeping your resolutions this year

By 1st Sgt. Patrick Fowler

First Sergeant, 357th MP Co.



1st Sgt. Patrick Fowler

If you are like most of us, the start of a new year has you thinking about new year resolutions. For many people this means another resolution to get in shape, devote more time to their

relationships, or work toward that next promotion. Unfortunately, most resolutions do not make it pass March before our bad habits slide right back into our daily routines.

Studies have shown 88 percent of those who set new year resolutions fail, despite the fact that 52 percent of them were confident of success at the beginning. Most participants failed in

setting realistic or achievable goals. In fact, personal goal setting is no different from mission or objective planning in the military. All you need is a set of goals that are well defined, measurable, achievable, realistic and time driven. The hardest part is getting started.

You can use a journal for writing down your goals. This will give you a record to refer to and refresh your memory when needed. A simple way to organize and focus these goals is by the use of the acronym "SMART":

- *Specific:* Your goals need to be clear, focused, concise and well defined. Avoid general terms and be as detailed as you can.
- *Measureable:* It is important you have a way to measure your success. Check to see if your goals have timelines, dates and a way to measure your success.
- *Action-oriented:* Your goals must require you to take action, not reaction. Winning the lotto jackpot may be one

way of achieving your goals without giving much effort, but the odds are heavily against you. Check your goal to see if you are including a list of actions you plan to take to accomplish your goal.

- *Realistic:* Check to see if your goals are manageable, achievable, realistic and your own. Look to your fellow Soldier, Sailor, Marine, Airmen, Coast Guardsman, Co-worker or friend to assist in attaining your goals.

- *Time Driven:* Your goals need to have a starting point and an ending point. Break your goals down into smaller, short-term objectives (monthly to quarterly), medium-term goals (six to 12 months), and long-term goals (one to five years).

With the use of SMART, your goals will be realistic and achievable. Above all, aim for goals that are truly important to you, and enjoy the process of achieving your goals as much as their results.

Personally Identifiable Information

It's not just your Social Security Number



Graphics by Sgt. 1st Class Aaron Hiler/The Wire

By Lt. Cmdr. Cynthia Holland

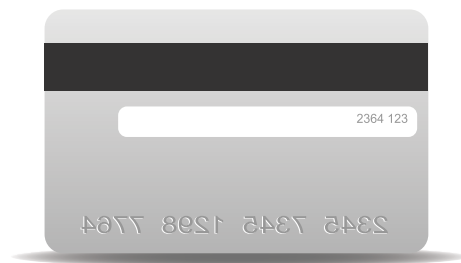
Deputy J1 Director, JTF GTMO

So if losing all the money in your checking account isn't enough incentive to protect your Personally Identifiable Information, how about losing your job? Bad credit and financial ruin due to identity theft can force you to lose your security clearance and in some cases your job, too.

You've heard all the tips—order your free annual credit reports (Google one of the three-Experian, TransUnion, or Equifax), shred your documents (not just at work; shred those custom declarations, bills and other personal papers, too), and my personal favorite, don't use the same password twice. I think that last piece of advice is mostly useless. You have to create a password for everything from your bank account to the Commissary coupon website. It is crazy to think that anyone can remember more than 40 passwords.

Did you know military email networks are not automatically secure enough to transfer PII? The extra steps of

encrypting the email must be taken by the user. In MS Outlook, go to "options" in the new message window, "security settings," and select "encrypt contents." You can only send encrypted emails to a person from whom you have



received a digitally signed email. Add that person's email to your Outlook contacts. Now you can exchange encrypted email. It's cumbersome, but it protects your PII. Per Army and DOD regulations, under no circumstance should PII be transmitted from a government server to a private server, i.e. ".mil" to a ".com" email address.

A great way to transfer PII to users without military email and a Common Access Card is the AMRDEC SAFE website at (<https://safe.amrdec.army.mil/safe/>)

Any finally, what if your identity is stolen? From the FTC website, to create an identity theft report, first file a complaint with the FTC at ftc.gov/complaint or 1-877-438-4338; TTY: 1-866-653-4261. Your completed complaint is called an FTC Affidavit. Next, take your FTC Affidavit to your local police, or to the police where the theft occurred, and file a police report. Get a copy of the police report. Those two documents comprise an Identity Theft Report. Explain the situation to your commanding officer. You don't want your CO taken by surprise if contacted by creditors looking to collect on charges made by the identity thief. You also may want a referral to a legal assistance office. You can reach them at ext. 4692. 📞

Potential results of identity theft

- Massive damage to your credit rating from fraudulent accounts or transactions
- Checking and savings drained due to a cloned ATM or credit card
- Stolen drivers license used to created fraudulent official identification
- Your stolen Social Security Number can be used to steal your government benefits like Post-9/11 G.I. Bill or obtain a DD214 using your service history in someone else's name

Managing your P@\$\$words

- Get password managing software to store and/or generate your passwords
- Go old school - keep a small notebook with your passwords, but KEEP IT SECURE!
- Keep your passwords in an encrypted/protected electronic document
- Use very strong passwords for important things like bank accounts and credit cards and use less strong, easily-memorabile passwords for less important uses

PII best practices

- Before disposing of mobile devices, ensure personal information is wiped from memory and SIM cards
- Be cautious about sharing personal information on social media -- such information can be used to thwart "challenge questions" on secure websites

Sacrifice, brotherhood hallmarks of “Lone Survivor”

Review by Sgt. Cody Stagner

JTF PAO, thewire@jtfgtmo.southcom.mil

“Lone Survivor,” written and directed by Peter Berg, is a modern war film based on the eyewitness accounts of Marcus Luttrell and the events that took place during Operation Red Wings in 2005.

In the film, Operation Red Wings’ success relies on the courage and skills of four U.S. Navy SEALs tasked with capturing or killing a Taliban leader, Ahmad Shah, in the mountains near the Afghanistan-Pakistan border.

Their assignment was clear and everything was going as planned until goat herders from the nearby Taliban village stumbled across their path. Before long, the members of SEAL Team 10—Marcus Luttrell (Mark Wahlberg), Michael Murphy (Taylor Kitsch), Danny Dietz (Emile Hirsch) and Matt Axelson (Ben Foster)—are immediately forced to make a decision that changed their lives forever.

But, as they abort the mission and retreat back into the mountains for a safe extraction, a small Taliban army ambushes them from all sides—leaving them with nowhere to go—and forces them to fall deeper and deeper



Courtesy Universal Pictures

into Taliban territory.

As the story and title suggests, audiences can only imagine how it is that one of the four members of SEAL Team 10 survives the mission.

From its direction to acting, storyline and battle sequences, I really enjoyed this film.

“Lone Survivor” redefines realism for the war on terror in Afghanistan, and it negates the popular assumption that all Afghans are terrorists. As shown in this film, our fight over there cannot be won without the help of the Afghan people.

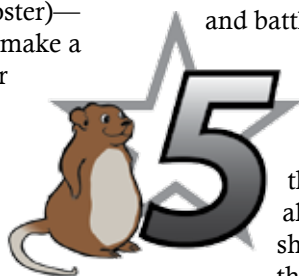
Not to mention, it puts a shining spotlight on the U.S. Navy SEALs, a

highly-trained and highly respected, elite group of modern warriors. When faced with adversity, every team member demonstrated heroism, courage and a super-human tolerance for pain that went far beyond belief.

As to be expected, Berg’s screen adaptation of Luttrell’s best-selling book, sharing the same title, is a little over dramatized, but not to the point where it takes away from the story or the film.

As I watched, I continued to believe any U.S. Navy SEAL could survive the impossible.

When it was over, I cried and I clapped. For this, I have no other choice than to give this film five banana rats. 🍌



Now Showing!
at the Downtown and Camp Bulkeley Lyceums

Call the Movie Hotline at ext. 4880 or visit the MWR Facebook page for more information
Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!

17 FRIDAY	18 SATURDAY	19 SUNDAY	20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY
Jack Ryan: Shadow Recruit (New) PG13, 7 p.m. American Hustle R, 9 p.m.	Anchorman 2 PG13, 7 p.m. Lone Survivor R, 9:15 p.m.	The Nut Job (New) PG, 6 p.m. Philomena PG13, 8 p.m.	Frozen (LS) PG, 7 p.m.	Homefront (LS) R, 7 p.m.	Black Nativity (LS) PG, 7 p.m.	Out of the Furnace R, 7 p.m.
Lone Survivor R, 8 p.m. Anchorman 2 PG13, 10:15 p.m.	The Nut Job (New) PG, 8 p.m. Jack Ryan: Shadow Recruit (New) PG13, 10 p.m.	Homefront (LS) R, 8 p.m.	Lyceum closed Note: Concessions at Camp Bulkeley are also closed every night until further notice.	Frozen (LS) PG, 8 p.m.	Lyceum closed Note: Concessions at Camp Bulkeley are also closed every night until further notice.	Saving Mr. Banks PG13, 8 p.m.

Keeping the H₂O clean

Story and photos by Staff Sgt. Lorne Neff

Staff Writer, thewire@jtfgtmo.southcom.mil

During their most recent visit, members of the U.S. Geological Survey Team noted the cleanliness of Guantanamo Bay; one of the reasons the manatees are able to make the Bay their home. The USGS team has traveled to other parts of the island and said this is not the case in those parts of Cuba where the water is more heavily contaminated from the activity of the local human population.

Approximately 6,000 humans inhabit the naval base portion of the bay; enjoying the quality of the water, diving, snorkeling and drinking water. Here in GTMO, it is the job of the Environmental Office to monitor the activities that affect the water in the bay, including how we manage our waste – which ultimately is treated and

processed by water that ends up back in the bay.

“The different parts of waste water include everything you pour down the drain or flush down the toilet. It goes somewhere, it doesn’t go away,” said Michael McCord, base environmental director. “It has the potential to affect your recreation and your life.”

McCord said the process is the same here as it would be at Fort Bragg or Naval Air Station Jacksonville, and that GTMO meets the standards set by the Environmental Protection Agency.

“Everything that goes down the drain goes to the one of the waste water treatment plants where it goes through a filtration process before being returned to bay,” said McCord.

“There are various waste water treatment plants around Guantanamo, but more than half is handled by the plant on Lizard Island behind the Navy Exchange.”

Once cleaned, the water is piped into the bay. That’s where the hospital’s Preventive Medicine Office comes into the scene.

“We go out to every beach twice a month and we check for total coliforms (bacteria) and fecal coliforms,” said Navy Lt. Laurel Cutter, a U.S. Navy environmental health officer who works for U.S. Naval Hospital Guantanamo Bay. “We go by EPA standards.



Navy Petty Officer 3rd Class Derrick Hudson, a preventive medical technician, tests water collected from the beaches of Guantanamo Bay, Cuba, Nov. 27. The environmental health office tests the water along the beaches twice a month for any contamination threats.

If the bacteria tests we perform exceed the standards, we recommend to the base commanding officer to shut down the beach.”

Preventive Medicine said no beaches have been shut down for problems with the water since late 2012 when the water run-off from mainland Cuba, generated from super storm Sandy, created some temporary issues.

According to Cutter, the hospital’s preventive medicine office also monitors the reports from the testing done to the base drinking water.

And McCord said other measures are taken to ensure our waste is managed in a way that ensures environmental standards are met, including reduction of trash that goes into our landfills.

“Waste management includes a lot of recycling,” said

McCord. “That seems to be another one of those myths that we don’t recycle, that it goes right to the landfill. Some items are not economic to recycle, like glass bottles, but most of it we do recycle. Cans, plastics and such are shipped back to the U.S.”

McCord said the hazardous waste is separated and either reused or sent back to the states.

“All this helps us reduce the amount of waste since our space is finite. We only have so much land to put trash in,” said McCord. “We try to do it by volume reduction and recycling. Once it gets to the landfill, we incinerate it, which reduces it by 80 percent before it goes into the landfill.”

“Ultimately, it keeps the base safe and clean, including the bay, for everyone,” said McCord. ☼



Navy Lt. Laurel Cutter, an environmental health officer, collects a sample of water at Cable Beach for testing Nov. 27, at Guantanamo Bay, Cuba. The environmental health office tests the waters along the beaches twice a month for any contamination threats.



Winners pose for the camera after finishing GTMO's first 50-mile bike race Jan. 13, at Joint Task Force Guantanamo Bay, Cuba. Participants said the course was rough and winds made completing the race even more difficult.



Male Winners

Overall: Greg Dixon 2:31:51

Runner-ups

1st Erik Arnesen 2:31:58

2nd Ron Kuzdak 2:37:42.77

3rd Max Hlivko 2:37:42.98

Female Winners

Overall: Elana Granina 3:23:55

Runner-ups

1st Kelly McDermott 3:25:03

2nd Erin Driver 3:44:23.69

3rd Christina Carmody 3:44:23.87

Pedal Power!

Story and photos by Staff Sgt. Lorne Neff

Staff Writer, thewire@jtfgtmo.southcom.mil

Individual efforts and teamwork marked the first 50-mile bike race hosted by the Morale, Welfare & Recreation program Saturday, Jan. 11 at the Downtown Lyceum.

"It was a tough course and very windy," said Navy Lt. Greg Dixon, a legal

attorney for Naval Station Guantanamo and overall male winner.

Dixon finished just ahead of his training partner Erik Arnesen, a contractor with the office of military commissions, with a time of just over 2 hours, 30 minutes.

"We took turns pulling and let each other know how we were feeling and took turns in the lead," said Arnesen.

The overall female winner was Elena Granina, a supply technician, who gutted out victory in a little over three hours.

"It's awesome, I never thought I could do this, this is the longest I've ever gone," said Granina. "The first 30 miles were smooth, not the course, just me, but around Knob Hill, I started struggling, I don't know what was going on but I was very uncomfortable. I just had to stay hydrated."

Granina beat out Kelly McDermott, a dependent on base who finished about four minutes behind.

"It was a really good race, but when the wind picked up, that made it really tough," said McDermott. "I think I was only a few minutes behind. I really didn't train for this, and she pushed away early, but I pushed at the end. I think she was tired a little bit."

The race began at the Downtown

Lyceum and snaked along Sherman Avenue with stops at Cable Beach, the 500-meter gate, twice at Windmill Beach, and Knob Hill, before ending back at the starting point.

"It was intense," said Army 1st Lt. Emory Eledui, platoon leader, 3/89th Cavalry Regiment. "This was the first time I've ever ridden that far. Up until now, the farthest was 28 miles, and I linked up with another guy and we battle-buddied all the way to the finish."

A total of 23 racers were helped along the 49.7-mile road race by a host of volunteers coordinated by MWR.

"I want to thank the event organizers, they do a wonderful job," said Granina.

"The course was very well put together and volunteers were awesome," said Arnesen. "The traffic was stopped every time we went through an intersection."

"This is kind of a short notice thing, but we wanted to do this in January when it's cooler," said Dennis Anthony, fitness coordinator for MWR. "What a wonderful opportunity to get in the best shape of your life. They might be sitting at home on the couch, I put this down, and they come out."

Anthony said MWR tries to hosts 36 fitness events a year. ♦



Cyclists, event organizers and volunteers of the first-ever 50 mile bike race, pose for a photo, Jan. 13, at Guantanamo Bay, Cuba. In total, 23 cyclists participated in the Morale, Welfare and Recreation-sponsored event.

Leading from the past

Experience, mentorship, understanding ensures GTMO's continued safety

Story and photos by Spc. Lerone Simmons

Staff Writer, thewire@jtfgtmo.southcom.mil

"If I know something, my Troopers know it as well." This is the mantra that Navy Petty Officer 1st Class Jesus A. Cordova has regarding his knowledge about the job and passing it on to his subordinates.

"This way, they are comfortable with making decisions because they actually understand the rationale behind what they are doing, rather than just being told to do a task," he said.

Cordova is the leading petty officer of Preventive Medicine, assigned to the Joint Medical Group, Joint Task Force Guantanamo Bay, Cuba.

From pest management, water desalinization testing, food and housing inspections, environmental health, temperature monitoring, ensuring safe standards for JTF barbers and regulating stock for the Camp America Mini Naval Exchange, the office of Preventive Medicine ensures safety and is a driving force behind JTF GTMO operations.

Navy Seaman Mark Helderman, a preventive medicine technician assigned to JTF JMG and member of Cordova's team, realizes the importance of his role and that of Preventive Medicine to the JTF community. The significance of the role he plays is often undercut by the ambiguity of what the job entails.

"Preventive Medicine is important in monitoring and preventing all potential threats to the health and welfare of JTF GTMO's population," said Helderman. "One of the challenges we face in

Preventive Medicine, is that most people do not know what we actually do, and nobody fully appreciates us until a serious incident occurs."

When incidents do occur however, it is up to the coordinating efforts of Cordova, relying on his years of experience in the job, to make sure everything is taken care of.

"When I was a junior Sailor, I wondered why I would have to do the work and the higher ranked person would sit in their office, I was a knucklehead," said Cordova. "It wasn't until

I became a first class that I realized it's more about first getting all the knowledge and experience you can as a junior, then it becomes more about making sure your Troopers under you get the knowledge when you are a senior."

Cordova, a Sailor of 18 years, began as a Hospital Corpsman and has deployed to Afghanistan, Iraq and several countries in the Asian Pacific, but transitioned into Preventive Medicine while as an instructor at Hospital Corpsman School.

"I wanted to try something different, something out of my comfort zone, or get out of the Navy," he said. "Preventive Medicine involves a lot of interaction with others, this is part of why I decided to follow my own current and continue in the Navy."

Aside from the interaction, Cordova added that technology has played a big role in getting up to date with healthcare and prevention. The JTF has the proper equipment that allows Preventive Medicine to carry out its mission.

"Technology helps streamline our old ways to improve our capabilities, thus enabling the junior Troopers to hit the ground running when it comes to getting the job done," said Cordova.

"The greatest satisfaction I get is seeing the light bulb go off when my juniors get the idea behind the task, it's those small milestones that are rewarding for both me and the Trooper,"



Navy Petty Officer 1st Class Jesus A. Cordova, lead petty officer for the Joint Medical Group preventive medicine section, shares in a laugh during some downtime, Jan. 3, at Joint Task Force Guantanamo Bay, Cuba.



Lead with an open mind and open heart, only use an iron fist as a last resort.

**Petty Officer 1st Class
Jesus Cordova**

*Leading Petty Officer
Preventive Medicine*



he said.

“I try to be as open as I can as a leader, and when my Troopers are successful, I tailor the reward to each person’s personality. It’s always good to listen and understand your subordinates, and trust that there is a degree of intelligence for them to be able to comply, while also mentoring them in things that need correcting,” he said.

“Lead with an open mind and open heart, only use an iron fist as a last resort,” he said.

Cordova understands that one day his younger troops will be running the show, so he does his best to pass the torch of knowledge. 🍌



Navy Petty Officer 1st Class Jesus A. Cordova, lead petty officer for the Joint Medical Group preventive medicine section, replies to emails at his desk, Jan. 3, at Joint Task Force Guantanamo Bay, Cuba.

Photo illustration by Spc. Lerone Simmons/The Wire

Navy Petty Officer 1st Class Jesus A. Cordova, right, lead petty officer for the Joint Medical Group preventive medicine section, talks to one of his team members, Jan. 3, at Joint Task Force Guantanamo Bay, Cuba.



Senior enlisted leaders from across the five military services get a tour of the Northeast Gate as part of their visit to Guantanamo Bay, Jan. 12. The senior leaders took part in a two-week course called "Keystone" that teaches them the operational differences of working within a joint environment as opposed to working within a specific service branch.

Senior leaders learn "joint environment"

Story and photos by Staff Sgt. Lorne Neff

Staff Writer, thewire@jtfgtmo.southcom.mil

Forty-four senior enlisted leaders from the five service branches visited Guantanamo Bay, Cuba Jan. 12, as part of their training in the Keystone program.

Keystone is a two week course offered by the National Defense University to senior enlisted leaders typically serving in duty positions with one to four star generals.

"This gives them an opportunity to focus on a joint environment and duty, where previously they were just dealing with those inside their service," said retired Marine Gen. Thomas Morgan, senior mentor for Keystone.

"And we are not just talking about joint services, we are talking coalition, we are talking civilian partners, and non-government organizations," said Marine Sgt. Maj. David Jobe, sergeant major for the 1st Marine Division, Camp Pendleton, Calif. "I just wanted to have a better understating in my current billet, and for future assignments."

Many of the participants expressed the same goals of learning about their fellow services.

"Coast Guard enlisted members rarely get the opportunity to serve in a joint environment," said Command Master Chief Mark Pearson, command master chief for the Coast Guard 5th district.

"It draws them out of their service to cross-pollinate with the other services and know there is a hell of a lot of talent and good people that they are going to do business with. So they have contacts for the rest of their career," said Morgan.

Morgan said the key to the program is networking.

"I wanted to broaden my key leader engagement by meeting others in the course," said Army Command Sgt. Maj. Sultan Muhammad, command senior enlisted leader for the Defense Logistics Agency. "I want to build a battle rhythm when I go back to reach out to the people I have met to meet their expectations of us."

The students spent about a week participating in a joint operation module together before visiting joint operating environments such as the one at Joint Task Force Guantanamo.

"It's a phenomenal place. I see a lot of discipline and there is a lot of history. To be able to see it first hand is just a terrific opportunity," said Jobe.

"I was impressed," said Navy Command Master Chief David Graham, command master chief for Naval Air Station Sigonella, Italy.

"I thought this was a small compact operation, but being here and seeing the knowledge of the people here and what takes place. I have a clear picture of what goes on and the challenges the Soldiers and Sailors face."

"I think the investment they make in showing the key leaders what goes on here is beneficial and the professionalism of all the warriors is phenomenal," said Muhammad. "If anyone gets the opportunity to take the course, take advantage of it." ♦

LIFE LESSONS FROM THE OCTAGON

Story by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

UFC. Bellator. World Series of Fighting. Getting to this caliber of the mixed martial arts world takes years of hard work, dedication, training and perseverance. Many spend years and years of their lives attempting to break through into this field of athletes. One of these MMA competitors happens to live and work in the camps here at Guantanamo Bay, Cuba. For Army Pfc. Emmanuel Caro del Castillo, military police with the 491st MP Company, the road to the top began when he was just a child.

Castillo said growing up he was influenced by old-school kung fu movies and actors like Bruce Lee. In these films Castillo saw the ability to defend oneself and others through the development of mind and body.

"I wanted to be like those guys," said Castillo.

At the age of 10, Castillo began to train under the auspices

of his uncle, who is a professor in Kajukenbo.

Kajukenbo, the original mixed martial art, is a Hawaiian style of martial

arts incorporating Karate, Judo, Jujitsu, Hawaiian Kenpo and Chinese boxing.

"Training with my uncle made me a lot closer to him," said Castillo. "It's kind of a family thing and it made us a lot closer. He's one of my role models."

A typical training session for Castillo involves lifting weights, lots of running, a lot of punching and kicking bags, and rolling around with training partners.

"I'm in the gym probably three or four times a day," said Castillo. "It's rough. In the morning we go for a distance run for cardio then rest a bit. In the afternoon we do our mat and pad work, more one-on-one, and in the evening, we spar."

Getting beat up is part of the training according to Castillo. He said it makes him a better, tougher, more experienced fighter. He also said if you walk into a good dojo, you have to walk in there and expect to get beat up every day.

"No one wants to get beat up but you have to do it to get better," said Castillo. "There're guys that are helping me out to get better. Eventually, I become that better guy and that big night comes and it's the first night I get to win."

Castillo admitted MMA isn't just about getting beat up or beating someone else up. There is also a mental aspect to training oneself that has translated in his Army career as guard.

"Martial arts taught me a lot about loyalty, honesty and respect," he said. "A lot of it is like the Army values; martial arts instill the same values in you."

Working in the camps, Castillo said MMA training also teaches modesty, which helps in interacting with the detainees.

"Humility helps in the camps when talking to the detainees and not being a jerk to them," he said. "They're still human beings and you give them the respect they deserve."

When he gets back home, Castillo is first going to focus on getting his black belt and then continue training toward a top-tier organization like UFC. ♦



Courtesy photo

Army Pfc. Emmanuel Caro del Castillo, military police, 491st MP Company, slams his opponent during a mixed martial arts bout. The match lasted less than two minutes with Castillo declared the winner by knockout.



Courtesy photo

Army Pfc. Emmanuel Caro del Castillo, military police, 491st MP Company, is declared the winner of a mixed martial arts bout against his opponent. Castillo has been training in Kajukenbo since the age of 10 with his uncle and cousins.

Meals with monroe

I was really craving some good, old fashioned monkey bread the other day, but just did not have the time to make it, as making it from scratch is quite a process. At the same time, I wanted to make some for my friends for a barbecue, but I just knew that with the GTMO heat in full swing, my delicious monkey bread would turn even stickier and would melt through my friend's hands. In that case, I decided to try this easy monkey bread muffin cup recipe from www.thefrugalgirls.com. This turned out to be a hit! They were so easy to make and were gone quickly! The biscuit dough really adds a light, airy feel to these muffin cups too. Try these out because they make a perfect, less messy substitution to Monkey bread.

Heat Oven to 350 F. Put foil or paper cupcake liners in the pans and set aside.

In a plastic bag, Mix 1 cup **granulated sugar** and 3 table-spoons **cinnamon**. Using three **12-ounce packages of refrigerated biscuit dough**, cut each piece of dough into thirds and then cut into smaller pieces.

Shake all the biscuit pieces in plastic bag, ensuring that they're equally covered in the sugar and cinnamon mixture.

Place about 4-6 pieces of dough per muffin cup, layering each piece



EASY MONKEY BREAD MUFFIN CUPS

on top of each other.

Continue until all biscuits are gone or muffin tins are full.

In a small sauce pan, melt 1 cup (or two sticks) **butter** and 1 cup **brown sugar** over medium heat. Boil for 1 minute.

Spoon 1 teaspoon of mixture over each muffin tin.

Bake at 350 F for 17 minutes.

Cool and eat! The muffins should just pull apart.

*For garnish, you can top with raisins or pecans, or use some regular, store bought vanilla icing, melted, and drizzle above each muffin cup.



p.s.
(one last thing)

I want to hear from you! Did you try my recipe and loved it? Did you try my recipe and hated it? Well... that's too bad but email me anyways!

If you have a recipe you'd like for me to try,
contact me! cassandra.l.monroe@jtfgtmo.southcom.mil

Chaplain's

ext. 2218

WORD OF THE WEEK



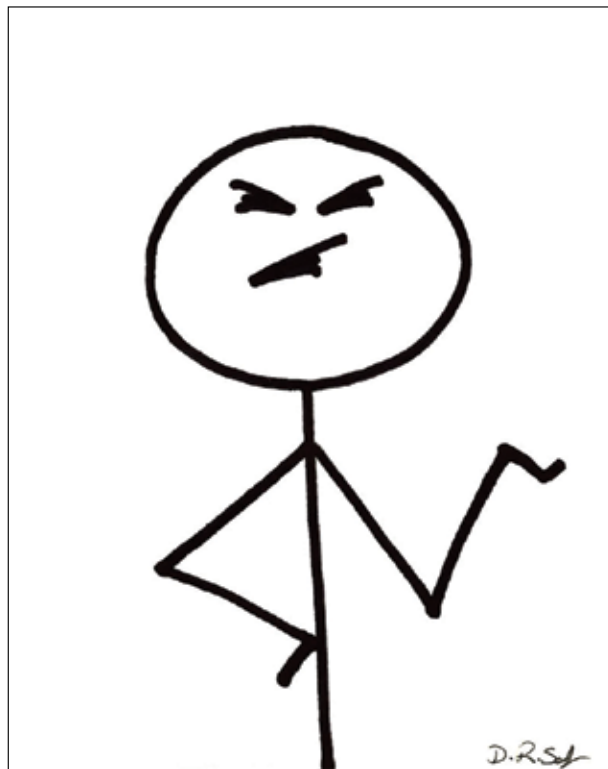
"Banana Rat"

Hutia, a.k.a. "Banana Rat" – the famous nocturnal rodents of GTMO. Banana rats become complacent. They wander into the street and become road kill. Be careful that you do not become complacent during your time at GTMO and develop destructive habits.

Courtesy photo by Navy Cmdr. Terry Eddinger

THE DOWNSIDE UP

by Staff Sgt. Darron Salzer



"How did I end up here again? I thought I said I was done here?"



Facebook

/jointtaskforceguantanamo



Martin Luther King, Jr. Day

MWR & facilities holiday hours

Marblehead Lanes.....	Noon-11 p.m.
Taco Bell & Burger Bar.....	Noon-9 p.m.
Jerk House.....	Closed
Triple C.....	Closed
Bayview.....	Closed
Rick's Lounge.....	Closed
Tiki Bar.....	Closed
Windjammer Restaurant.....	Closed
Pizza Hut.....	5-9 p.m.
O'Kelly's Irish Pub.....	5-9 p.m.

Clipper Club.....	Closed
Marina.....	6 a.m.-8 p.m.
Golf Clubhouse.....	8 a.m.-7 p.m.
MWR Fitness Centers.....	10 a.m.-6 p.m.
Windjammer & Marine Hill Pools...	10 a.m.-6 p.m.
Splash Pad.....	Noon-5 p.m.
Marine Hill Liberty Center.....	Noon-Midnight
Tierra Kay Liberty Center.....	Noon-Midnight
Camp America Liberty Center.....	24 hrs
Deer Point Liberty Center.....	Noon-10 p.m.





Marblehead Lanes
Jan. 18-19
1-7 p.m.
Cost: \$30

Martin Luther King Jr. Weekend
3-6-9 Pin No Tap Tournament



GTMO COMMUNITY
YARD SALE

Sunday, Jan. 19, 11 a.m.-3 p.m.

To reserve space, call
ext. 75351. \$5-\$20 fee for space.



REMEMBERING MARTIN
I HAVE
A DREAM...

MLK 3-on-3 Youth Basketball Tournament and BBQ
Saturday, Jan. 18, 2 p.m. at the Youth Center

Martin Luther King, Jr. Commemoration March and ceremony
Monday, Jan. 20, 10 a.m.
March from the NEX Atrium to the NavSta Chapel




PHOTO OF THE WEEK

Brian Teal was diving off Girl Scout Beach when he looked down and saw this amazing turtle swimming along beneath him. Thankfully he had his camera handy.

Send your best photos to thewire@jtfgtmo.southcom.mil

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